

**Press releases - 101<sup>st</sup> Four Days Marches** (in chronological order)

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**Stichting Internationale Vierdaagse Afstandsmarsen Nijmegen**  
Postbus 1296  
6501 BG Nijmegen Netherlands  
[www.4daagse.nl](http://www.4daagse.nl)  
[communicatie@4daagse.nl](mailto:communicatie@4daagse.nl)  
Twitter: @st\_DE4DAAGSE  
Facebook: [www.facebook.com/vierdaagsenijmegen](http://www.facebook.com/vierdaagsenijmegen)  
Instagram: vierdaagsenijmegen

Press release 2017.001  
Nijmegen, January 2017

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Participation limit raised to 47,000, registration to open on 30 January

## The Flag Parade returns, but no 55km distance in the 101<sup>st</sup> Four Days Marches

**The 101<sup>st</sup> edition of the Four Days Marches, which is to take place from 18 to 21 July this year, will not include the 55km distance. The Flag Parade in the centre of Nijmegen, followed by an official Four Days Marches opening ceremony at De Wedren, however, is back for another year. Registration for the 101<sup>st</sup> International Four Days Marches Nijmegen will open at 8am on Monday 30 January.**

On the occasion of the 100<sup>th</sup> Four Days Marches, there were several great anniversary projects. One of these projects, the one-off reintroduction of the 55km distance as an anniversary distance, turned out to be so successful that the board of the Four Days Marches explored the option of including the 55km distance again in 2017. However, a survey of those who walked the 50 and 55km last year showed that most of them saw the 55km as a nice challenge on the special occasion of the 100<sup>th</sup> anniversary of the Four Days Marches, but only a few showed an interest in walking this distance again this year. That said, the board of Stichting DE 4DAAGSE still intends to keep the option open of organising this distance again for future special occasions, such as a five-year anniversary.

One anniversary project that is back for another year in 2017 is the Flag Parade. The street parade and official opening ceremony at De Wedren replaced the Flag Parade at the Goffert stadium, which was dropped from the programme in 2012 due to dwindling interest. "There was an enormous amount of enthusiasm for the street parade in the centre of Nijmegen and the new opening ceremony at De Wedren," explains chairman Johan Willemstein. "After evaluating the parade with Nijmegen City Council, Stichting Vierdaagsefeesten, and other stakeholders, we have decided to bring the Flag Parade back for another year at the 101<sup>st</sup> edition of the Four Days Marches."

### **47,000 participants**

The registration limit for the 101<sup>st</sup> Four Days Marches has been set at 47,000. Based on experiences at last year's Four Days Marches, where a greater number of participants were admitted on account of it being the 100<sup>th</sup> anniversary edition, the board of Stichting DE 4DAAGSE has decided to up the maximum number of registrations from 46,000 to 47,000. If the registration limit of 47,000 is

exceeded, a draw will be held amongst first-time entrants, i.e. participants registering for reward 1. The draw only applies to those registered as individual participants.

### **Two periods**

As usual, there will be two registration periods this year. Registration period 1 is from 8am on Monday 30 January to midnight at the end of Friday 24 February inclusive. Only those who successfully completed the 100<sup>th</sup> Four Days Marches last year may register during this first period. Girls and boys who turn 12 years old this year (i.e. who were born in 2005) may also register during the first period. Registration period 2 is from 8am on Monday 27 February to midnight at the end of Friday 31 March inclusive. All others wishing to take part in the 101<sup>st</sup> Four Days Marches can register during the second period. The registration fee for the 101<sup>st</sup> Four Days Marches is €64. Members of the Royal Dutch Walking Association (KWBN) get a €5 discount. Walkers can register at [www.4daagse.nl](http://www.4daagse.nl). The registration procedure and associated terms and conditions are all available on the Four Days Marches website [www.4daagse.nl](http://www.4daagse.nl).

### **Draw**

If necessary, a draw will be held on Friday 7 April among the individual participants who have not previously earned a Four Days Marches medal. Four groups will be exempt from the draw - those born in 2005, those who were excluded by the draw from taking part in the 98<sup>th</sup> and 99<sup>th</sup> Four Days Marches, those who were excluded by the draw from taking part in the 99<sup>th</sup> and the 100<sup>th</sup> Four Days Marches and those registering through Via Vierdaagse. The Restriction Protocol, which regulates which walkers are guaranteed a starting ticket for the 101<sup>st</sup> Four Days Marches, is available on the Four Days Marches website ([www.4daagse.nl](http://www.4daagse.nl)).

### **Via Vierdaagse 2017**

Registration for the 2017 edition of the Via Vierdaagse training and support programme will open at 8am on Monday 16 January 2017. With this programme, the Royal Dutch Walking Association (KWBN) and Stichting DE 4DAAGSE aim to support up to 1,500 first-time entrants in achieving their first Four Days Marches Cross. Only walkers who have never before achieved a Four Days Marches Cross *and* who are not yet members of KWBN can take part in Via Vierdaagse. Participation in Via Vierdaagse costs €199. Register for Via Vierdaagse at [www.viavierdaagse.nl](http://www.viavierdaagse.nl).

*End of press release*



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6501 BG Nijmegen Netherlands  
[www.4daagse.nl](http://www.4daagse.nl)  
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Twitter: @st\_DE4DAAGSE  
Facebook: [www.facebook.com/vierdaagsenijmegen](http://www.facebook.com/vierdaagsenijmegen)  
Instagram: vierdaagsenijmegen

Press release 2017.003  
Nijmegen, February 2017

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Routes planned for 101<sup>st</sup> Four Days Marches

## First day's route reversed

**Participants in the 101<sup>st</sup> edition of the Four Days Marches, and naturally also local residents and fans lining the routes, will notice that the route on the first day has been reversed in comparison to previous editions. The main reason behind the decision to reverse the route on the first day is walker safety and in particular accessibility for first responders in case of health problems and emergencies.**

### *Route reversal: safety first*

Due to various changes to the area around Oosterhoutsdijk over the past few years - such as the development of the new Waalsprong district and the creation of the Veur Lent island - the infrastructure in this area has seen some drastic changes, which have further complicated access to Oosterhoutsdijk in particular. During the 100<sup>th</sup> Four Days Marches in 2016, it became apparent that emergency services could not always reach this area fast enough due to the most recent changes. The reversed route is also preferred because of the better flow of walkers and smoother exit from Elst, where the various routes go their separate ways. The police and emergency services are in favour of reversing the route.

### *First marching day is the most taxing physically*

Another advantage of reversing the route is that it allows us to step up safety along the final part of the route, because the stretch of the route that has proven to be the most taxing over the years, i.e. the walk along Oosterhoutsdijk, will now be in the opposite direction and at the start of the first day. This is partly based on scientific research by Dr Thijs Eijvogels (RadboudUMC), which has shown that the first day is the most taxing physically for participants. The body basically has to settle into the great physical effort that is required.

### *Timing changes*

The board of Stichting DE 4DAAGSE has liaised with the various local authorities — Nijmegen, Overbetuwe, Lingewaard and Arnhem — on reversing the route on the Day of Elst. The route reversal will take some getting used to for the people in Overbetuwe in particular, because the new route plans will have the walkers pass through Oosterhout at the very start of the day.

The first walkers will arrive in Elst approximately 45 minutes earlier, but the new route set-up will keep the procession of walkers in Elst for an hour longer. That gives more time to party in the centre of Elst. Last but not least, walkers will pass through Lingewaard later in the day than usual.

### *30km event to pass through Bommel for the first time*

A decision has been made to change the 30km route in such a way that it will follow the same route as the 40km for military participants after passing through Elst. As a result, the 30km route will pass through Bommel for the first time ever this year. Merging the 30km route with one stretch of the military route makes the overall distance longer. To make sure the route is not extended too much, the Oosterhout stretch of the 30km route has been shortened by 600 metres. Consequently, the 30km route's passage through Oosterhout will change slightly, while the routes of the other distances will be kept the same. Overall, the route for the 30km event will be 900 metres longer on day 1. The board of Stichting DE 4DAAGSE considers this an acceptable extension, seeing as the part of the 30km route that has been cut out always used to be a less safe stretch as walkers had to cross several roads. Aside from that, this change also eliminates a relatively narrow road from the route. With rising participation in the 30km event, this is an important aspect. By merging part of the 30km route with part of the 40km military route, the organisers hope to give participants in the 30km event a more attractive route: 30km walkers can at least expect a warm welcome in Bommel with lots of music and gaiety.

### *The other marching days*

There will be no route changes on the other marching days in comparison to last year, notwithstanding unexpected roadworks or detours. The complete street plan (in Dutch) for the 101<sup>st</sup> Four Days Marches is available at [www.4daagse.nl](http://www.4daagse.nl).

*End of press release*



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Twitter: @st\_DE4DAAGSE  
Facebook: [www.facebook.com/vierdaagsenijmegen](http://www.facebook.com/vierdaagsenijmegen)  
Instagram: vierdaagsenijmegen

Press release 2017.004  
Nijmegen, 6 April 2017

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## 50,403 Registrations for 101<sup>st</sup> Four Days Marches

**50,403 people from all over the world have registered for the 101<sup>st</sup> Four Days Marches. Of these people, 38,882 walkers were immediately guaranteed a starting place. A maximum of 47,000 starting tickets are available, so the remaining 11,521 starting places will be divided in the draw on Friday 7 April. This means that 3,403 people will get the unfortunate message that they will not be able to participate this year.**

“We are very happy to notice that, after the successful jubilee edition of last year, there is still a huge amount of interest in the Four Days Marches”, says Johan Willemstein, Chairman of Stichting DE 4DAAGSE. The reason why 'only' 3,403 participants will not receive a starting place in the draw is due to the fact that Stichting DE 4DAAGSE has increased the registration limit of 46,000 to 47,000 for the 101<sup>st</sup> edition of the Four Days Marches.

### **Duplicate registrations**

Before the draw under supervision of the notary takes place, all duplicate and other incorrect registrations were removed from Stichting DE 4DAAGSE's registration file. The results of the draw will be announced on [www.4daagse.nl](http://www.4daagse.nl) after the draw has taken place and all participants will be informed personally of the outcome per e-mail or letter.

### **History**

Since 2013 onwards, the number of registrations has exceeded 50,000 registrations every year. In 2005, 53,336 people registered for the Four Days Marches and this record was broken for the second time in 2016 when 54,325 walkers registered to participate in 'The Walk of the World'. The record for the highest number of people starting now belongs to last year's jubilee edition, when 47,166 walkers turned up for the first day of the Four Days Marches.

### **Four Days Marches sponsored walk**

There has also been a lot of interest in the Four Days Marches sponsored walk. When registration for the 101<sup>st</sup> Four Days Marches closed, over 1,300 sponsors (1,250 in 2016) had already pledged financial support for the charities chosen by some 250 (350 in 2016) Four Days Marches participants. A total amount of over €35.500 has already been pledged for 129 different charities. Walkers can choose to walk for a good cause as part of the Four Days Marches sponsored walk until 21 July. Sponsors also have until that date to pledge their donations at [www.devierdaagsesponsorloop.nl](http://www.devierdaagsesponsorloop.nl)

*End of press release*